

2016-17 Sports Injury Prevention and Treatment Workshops

The Sports Injury Prevention and Treatment Workshops is first started in 2013-14. The initial idea of the workshops is to train up sports leaders with up-to-date theories and practices for treatment of sports injuries. In 2016-17, Student Affairs Office organized three types of workshops namely Sports Massage, Myofascial Release and Sports Taping. The main aim in this year is to equip sports team members with basic knowledge and skill to apply sports injury prevention and treatment exercises as well as to deal with common injuries during sports participation. We organized 6 workshops in total, 2 workshops for each topic. There were 106 students from 18 sports teams joined the workshops. Two staff with PE professional background from Student Affairs Office (SAO) and one registered physiotherapist, Cammi CHAN, were the instructors of these workshops.



Group Photo of Myofascial Release Workshop.



Group Photo of Sports Taping Workshop.



Photo highlight in Sports Massage Workshop.

Sports Massage Workshops



Handball students apply the massage skills for their teammates.



Mr. LEE Chi Ho, instructor of the Sports Massage Workshops, is demonstrating the skills of "effleurage".



Swimming students are looking for the acupressure points of forearm.

Myofascial Release Workshops



Mr. Danny YEUNG, instructor of Myofascial Release Workshops, elaborates the key points of using foam roller.



Students try to use foam rollers on their quadricep.



Athletes use the massage sticks to work on the calf muscles.

Sports Taping Workshops



Handball players practice the taping techniques on knee.



Miss Cammi CHAN, the registered physiotherapist, shows the procedures of taping on ankle.



Students tear the kinesio tapes and start the hand-on experience.